

JANUARY 2023

HEALTHY CONNECTIONS



Welcome to Central Connecticut Health District's first issue of Healthy Connections. We hope that the information we have included will help you make healthy lifestyle choices and provide you with the latest information in community health.

**HEATHER OATIS,
MPH, REHS/RS, HHS
Supervising Sanitarian**



Please welcome the newest staff member of Central Connecticut Health District (CCHD); Heather Oatis, Supervising Sanitarian.

Ms. Oatis' responsibilities include overseeing licensing & inspections of:

- food establishments,
- motels/hotels,
- salons, public
- swimming pools
- childcare facilities.

Additionally, she oversees septic & water supply well plans, and concerns regarding radon, lead, water quality, vectors (ticks, bed bugs, etc.), and refuse.

Ms. Oatis received her BS degree in Public Health in 2006 & Master of Public Health (MPH) degree in 2021. She enjoys cooking, gardening, reading, and spending time with her 5 & 8-year-old daughters.

Welcome, Ms. Oatis! We are excited to have you on our team.



JANUARY IS NATIONAL RADON ACTION MONTH

Radon is an odorless and invisible radioactive gas naturally released from rocks, soil, and water. In outdoor environments, radon levels are very low and generally not considered harmful.

However, radon can get into homes or buildings through small cracks or holes and build up to higher levels. Over time, breathing in high radon levels can cause lung cancer.

You should test your home's radon levels:

- If it's never been tested or radon levels are unknown
- When preparing to buy or sell
- Before and after any renovations, especially after making any repairs to reduce radon levels
- Before making any lifestyle changes in the home that would cause someone to spend more time in the basement or lower level (like converting a basement to a bedroom)

CCHD currently has a very limited supply of free home radon test kits. Call us at 860-785-8380 to learn more. Please go to: www.cdc.gov/radon for more information on radon.

UPCOMING EVENTS

JANUARY 12, 1030AM:

TALKING TO & FINDING A
PRIMARY CARE
PROVIDER ZOOM CLASS

JANUARY 26, 1-4PM:

**FREE COVID VACCINATION CLINIC:
ROCKY HILL**

Rocky Hill Senior/Community Center
761 Old Main St, Rocky Hill, CT 06067

Call Betty for more information:
860-328-5247

**COVID is still circulating
at high levels.**

Please continue to:

- WASH YOUR HANDS
- WEAR A MASK IN PUBLIC INDOOR SPACES
- TEST BEFORE TRAVEL
- STAY HOME IF YOU ARE ILL

Registration required for classes.
Go to: ccthd.org/classes to register and for more information.